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AGAWAM

Advertiser-News

25th

Volume XI Number 19

"Your Hometown Newspaper"

May 12, 1988

Around Town This Week...

Nostalgia Day
Sunday, May 15th
Heritage Hall
10:00 a.m. - 7:00 p.m.

**Post Offices Plan
Open House**
Saturday, May 14th
Agawam & F.H.
12:30 to 2:30 p.m.

**Fieldstad Blasts
Charles Budget**
See Page 13

**Voters Deserve
To Vote On Mayor
Editorial - Page 2**

**Charles Plays
Numbers Game
On Schools**
Editorial - Page 4

Chriscola Wins Prestigious Lions Award



LONG-TIME AGAWAM LIONS CLUB MEMBER Frank Chriscola (left) holds the prestigious "Melvin Jones Award" at recent ceremonies sponsored by the Agawam Lions Club. Looking on is Chriscola's family. RELATED STORY, PICTURES on Page 20. Advertiser News photo by Jack Devine.

Cleaning-Up Feeding Hills Center



CLEANING-UP TRASH ALONG Springfield Street, near Feeding Hills Center, Saturday, May 7th, "Agawam Clean-Up Day," are Town Council President Donald Rheault (left), Town Councilor John Negrucci, and Assistant Town Attorney Richard Morassi. Advertiser News photo by Jack Devine.



Editorial

Confusion Over Mayoral Charter Fails To Surpress Drumbeat For Change

Over the past few weeks there has been much confusion over the move to change the leadership in Agawam's town government to an elected mayor from an appointed town manager. Included in this confusion are long-standing problems with the Agawam Town Charter that have existed for the past 16 years.

Town Council Monday night is scheduled to vote on a measure sponsored by Councilor Paul Fieldstad to alter the Town Charter by replacing the words "town manager" with "mayor," and by giving the mayor veto power over the council in some areas.

Much of the arguing over what the mayor can and can't veto seems to be the focal point of the confusion. For example, a two-thirds vote of the council would be needed to override a mayoral veto. If the council passes a measure with a two-third majority (eight votes), and the mayor then vetoes that action, then what happens?

From our initial research, we understand the council would then vote again and if the original eight votes stand, then the mayoral veto would be negated.

Can a mayor veto council action on a zone change (which takes two-thirds vote of the council and a three-fourths vote when 20 percent of the abutters are opposed)? No. As we read the Massachusetts General Laws, zone changes are strictly under the jurisdiction of the legislative body - in Agawam, that's the

Town Council.

Can members of the council run for mayor? Yes. Although the charter does state that no member of the council can hold a town office for at least one year after he/she leaves the council, we believe this practical rule in the charter is reserved for appointed positions only - not an elected one such as the mayor's position would be.

The council will not lose its present responsibility of confirming many appointments under the present mayor plan for municipal boards. Also, the mayor would not become chairman of the School Committee, nor would there suddenly be a police and fire commission, as is the case under other strong mayor forms of government, such as the one in use in the City of Springfield.

Will there still be problems with the charter if the present mayor plan is accepted? Yes. The mayor is not the save-all, end-all to problems in Agawam town government. And we do agree that at some point, townspeople should decide to convene a charter commission to review and possibly draft changes in the present charter.

Those problems won't go away no matter who is running our town government - an appointed manager or an elected mayor.

There are three methods available to the town to proceed to an elected mayor - the first is having the council ask the State Legislature to grant the town a special election to see if

townspeople wish to change to an elected mayor or to maintain what we have. That's the fastest way, although it remains to be seen IF the Legislature would allow the measure to be placed on the ballot here in November.

A majority vote of the council Monday night would begin this process.

The second method is by initiative petition - collecting the signatures of 10 percent of registered voters in Agawam to directly petition the State Legislature.

The third method is by electing a charter commission to draft a mayor charter. This process would take at least three years and possibly as long as five years.

We believe that because of the lack of leadership in this community, and because we believe the majority of townspeople are looking for change, the first method is the best for Agawam (providing that it's lawfully possible - and we vigorously stress "lawfully possible").

In the end, we'd much rather put the future of town government in the hands of the voters, and not the constant antagonism created by the manager-council confrontations. As it stands now, the council is boss over the town's chief executive. An elected mayor removes the council from this direct control over the chief executive and puts it into the hands of the voters.

SEE MAYOR PETITION - Page 4...

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Attention Members Of FITNESS USA

Although it's unfortunate that Fitness USA has closed, your memberships have NOT been lost. In fact, they just got better!

FITNESS FIRST, in the center of Feeding Hills is accepting all Fitness USA memberships, as a good will gesture, until June 15th and waiving the initiation fees.

Call 786-1460 or stop in with your Fitness USA I.D. for orientation to your new club. You'll be warmly greeted by our professional staff with a complimentary Fitness First T-shirt and 6 free tanning sessions. You'll enjoy the newest and best equipped fitness facility in the area, as well as our new 60 ft. swimming pool coming this fall! *Catch the Fitness First feeling. Call today!*

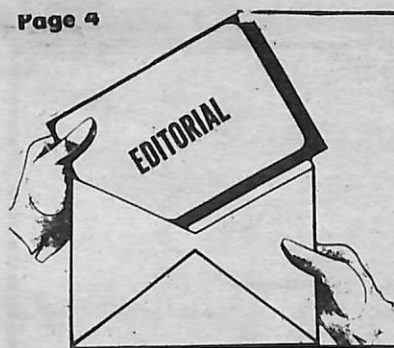
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- Saunas (Separate)
- Steam Rooms (Separate)
- Co-ed 7 Days

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T. Th. - 8 A.M. To 10 P.M., Sat. & Sun. 8 A.M. To 9 P.M.



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LETTERS to the EDITOR

National Hospital Week

To The Editor:

The Massachusetts Hospital Association is proud to join Hampden County hospitals in this month's celebration of National Hospital Week, a time of year when hospitals throughout the Commonwealth pay tribute to the many accomplishments and contributions of their health care employees.

Meeting the health and medical needs of Hampden County communities takes a special team effort, a hospital caring team that provides comfort and treatment for all people of Hampden County, from the young to the elderly, every hour of every day of the year. The Hampden County Hospital Caring Team, made up of employees from housekeeping, maintenance, and dietary, to the nurses, social workers, therapists, physicians, and technicians, are all working toward the goal of improving and saving precious lives.

As president of the Massachusetts Hospital Association, I am very proud of the Hampden County Hospital Caring Team. We at the Massachusetts Hospital Association, on behalf of the citizens of every community in the Commonwealth, extend sincere appreciation to this dedicated group of health care professionals, continuously striving to develop innovative ways to meet the challenging health care needs of today in a caring and compassionate way.

Sincerely,
Stephen J. Hegarty

High School Dump An Eyesore

To The Editor:

I think the fact that various dumping sites in Agawam are being cleaned is wonderful. I have personally seen a couple of those depicted in your paper. However, I don't think they would compare with the dump in the middle of the grounds at the high school.

While we're doing our spring dump cleaning, the one at the high school should be one of the first to go. It's not only disgusting and an eyesore, but I would think it's also a health hazard.

Very truly yours,
Mrs. J. Avery

Charles' Nasty Little Game Of School Numbers

Last week our School Department Editor, Iris Copson, wrote an editorial concerning the proposed \$95,000 cut in the 1988-89 school budget, as well as the low per pupil spending outlay for the Agawam School Department. Mrs. Copson also noted that there was a definite imbalance between how much of the taxpayer's dollar goes to the town's side of the budget, as compared to the school's end of the spending (about 63-37 percent in fiscal 1987-88).

Town Council members Christopher Johnson and Jessie Fuller, members of the School Budget Committee, brought figures and bravado (the figures were prepared by the Town Manager's Office) to the School Committee meeting Tuesday night.

And this is where Town Manager Reid S. Charles is playing with numbers that read well in *The Springfield Union News* Wednesday morning, but only show the lengths Charles will go as he and his administration continue to be backed into a corner.

Johnson told the School Committee Tuesday night that "sixty percent of the growth in the (town) budget is going to the schools. We're doing our part to get you (the schools) the money you need."

SEE
NUMBERS'
GAME...
Page 6

MAYOR VOTE - From Page 2...

The public hearing this past Monday night certainly served as no public rally for the manager form of government and was rather disappointing in giving direction to the council.

The mayor certainly is not the only answer to solving Agawam's problems in town government. But allowing the voters of this community to **DECIDE WHO WILL BE RUNNING** it every two years is a good start to putting us on far more solid footing than what's presently going on at Town Hall.

But at the very least, voters should be given the opportunity to either vote to maintain what we've got or to go to an elected mayor - as expeditiously as possible.

Ag. Republican Town Comm. To Hold Meeting May 14th

The Agawam Republican Town Committee will hold a breakfast meeting, Saturday, May 14th, at 8:30 a.m., at The Oak Ridge Golf Club Restaurant, South Westfield Street, Feeding Hills.

The guest speaker will be Gilbert Holland, Republican state committeeman from Longmeadow.

Republican and Independent voters are welcome to attend.

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CONGRATULATIONS TO THIS WEEK'S EASY ACCESS 24 WINNERS!

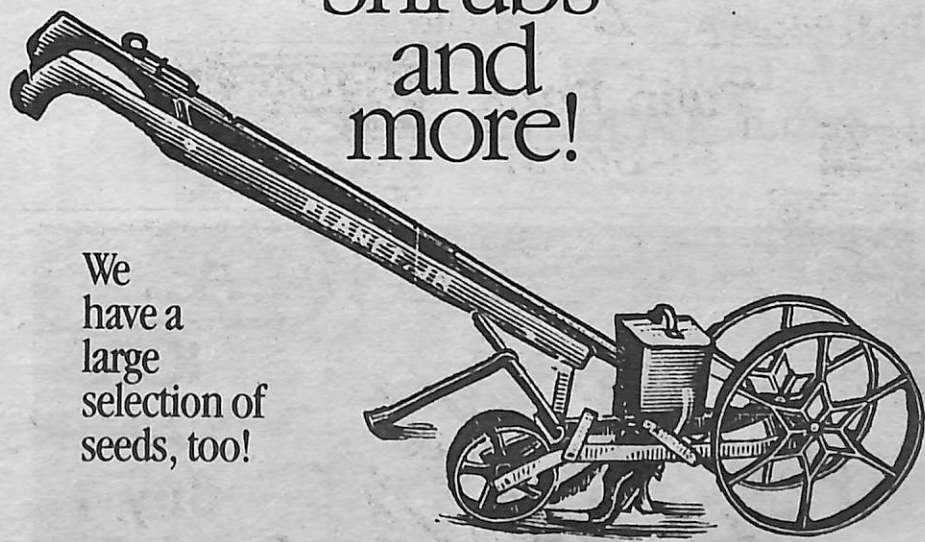
Winners of \$10 cash prizes this week include:

WINNERS FOR WEEK OF 4/29 - 5/6

- 4/29 Thomas Carpenter of Westfield
Penelope Fillion of Southwick
- 4/30 Blair Massoia of Feeding Hills
Rhonda Ferrari of Feeding Hills
- 5/1 Lori Fieldstad of Agawam
Sandra Goodrow of Feeding Hills
- 5/2 Michael Epaul of Westfield
Neil/Cynthia Musante of Feeding Hills
- 5/3 Judith Foggie of Feeding Hills
Allen/Collen Geddis of Feeding Hills
- 5/4 Peter Savenko of Agawam
Donna Garvulenski of Agawam
- 5/5 Peter Briancesco of Feeding Hills
Petro Gervais of Feeding Hills
- 5/6 Renee Girard
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Candis Hugabone
of Feeding Hills

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Fieldstad Blasts Charles On Budget

by Christine Piesyk
Advertiser News Staff

While the Agawam Town Council begins reviewing the proposed \$30.3 million budget submitted by Town Manager Reid S. Charles for fiscal 1988-89, at least one member of the council, Paul Fieldstad, is irate about Charles' budget.

Fieldstad told *The Advertiser News* Tuesday, "We got the budget April 30th, the day before the deadline for the manager to submit it (May 1st). We didn't get any back-up material. Charles promised us those materials in a 'week or so' and we haven't received anything yet."

"We were told it was impossible for us to have a line-item budget from the manager this year. But he's only given us a skeleton of a \$30.3 million business. I can't believe this is what professional government is all about."

Fieldstad said the time frame in which the budget and its related information, was, or was not received, is unprofessional on the manager's part.

"The delay in receiving the other materials is causing a delay in forming our recommendations and alterations to the budget," Fieldstad added.

Spending Too Much Money

Fieldstad said he has serious reservations about the nearly \$3 million increase in projected expenditures for the town called for in Charles' budget, stating, "The town is doing nothing to plan for its financial future. We aren't doing anything for a rainy day. Charles is spending everything that comes along. But what if the building boom stops? What if the recession begins again? What happens when revenues drop and spending doesn't?"

Fieldstad also sharply criticized specifics in the proposed budget, including the call for \$90,000 for overtime in the Police Department, as well as the \$228,000 overall increase in that department's total budget.

Fieldstad said the Town Charter calls for the creation of a personnel manager for Agawam, but Charles still has not put in provisions for one within this proposed budget.

"We have an administrator who is not administering," he commented. "I live here. My home is here. If things go wrong here, I have to live with it. Charles rents a home here. He came here and he can pack his dirty laundry in a suitcase and go someplace else."

Contrary to Fieldstad, however, Council Vice-President Jessie D. Fuller seems far more satisfied with

Charles' budget, despite the \$95,000 cut in the school budget. "I want what is best for the schools and \$95,000 is not a bad cut. We have to take the overall picture of the whole budget. We are not taking away vital services with this budget."

Mrs. Fuller said it took "a lot of hard work" to prepare the budget, and said Charles "came up with reasonable figures."

When he released the budget, Charles said it represents a 9 percent increase over the 1987-88 budget (\$2.5 million more). It would provide \$30,000 in funds for capital improvements, enough to match citizen donations for lighting at the high school football field.

Last year's budget allotted \$549,000 for capital expenditures.

According to Charles, the new budget "maintains all the services of the town" and provides for slight personnel increases, including a full-time position for a police dispatcher and an assistant director of weights

and measures.

Not Curtail Community Services

By closely scrutinizing the town's revenue sources, said Charles, the town has been able to make adjustments that would not curtail or affect community services.

Line items showing the greatest increases are group hospitalization for town employees, which jumped from \$564,000 to \$880,000, and \$437,000 in the contributory retirement fund.

Projected revenues include \$10.5 million in state aid, \$15.5 million in property taxes, \$1.2 million in sewer fees, and \$1.4 million in free cash.

Councilors can reduce amounts requested in the budget but cannot increase any of the proposed amounts, except for the school budget. A new law in the state says governing bodies can add to the school budget by a two-thirds majority vote.

The new budget will take effect July 1st, the first day of the new fiscal year.



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Municipal Events

GRAND NATIONAL AUTO

Sunday, May 15th
NOSTALGIA DAY
Heritage Hall
10:00 A.M. - 7:00 P.M.

Monday, May 16th
Town Council Meeting
Agawam Public Library
8:00 P.M.

Saturday, May 21st
Hazardous Waste Day
Agawam High School

Tuesday, May 24th
School Committee Meeting
Junior High School
7:00 P.M.

Monday, May 30th
MEMORIAL DAY
Town Hall Closed

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Advertiser News For More Specials In May

Number's Game - From Page 4...

Yes, this reads well. According to figures **COMPILED BY CHARLES**, \$1,676,714 of the total proposed budget increase of \$2,799,275 is going to the schools, leaving \$1,222,561 to the town budget. That breaks down to roughly 60 percent for the schools and 40 percent for the town.

But there's a major catch here. Included in this \$1.6 million figure for the school budget are school maintenance, school nurses, grounds maintenance, and all employee benefits (teachers and school administration are already figured in the school budget), and capital debt servicing.

The town manager is responsible for all the expenditures listed in the above paragraph, **NOT** the School Department. Therefore, the actual breakdown of the \$2,799,275 **TOTAL BUDGET INCREASE** for fiscal 1988-89 is \$1,147,148 for the schools (with the \$95,000 cut figured in), and \$1,652,127 for the town. This shows that about 40 percent of the increase is **ACTUALLY BECAUSE OF THE SCHOOL BUDGET**, **NOT** the 60 percent claimed by Charles through Councilors Johnson and Fuller.

Charles' numbers game loses complete credibility when the state computes Agawam's per pupil cost, which is below the state average. We recently passed Holyoke as the regional cellar-dweller for this important figure.

Those supporting Charles' numbers game would have you believe that the reason for our low per-pupil spending is because when figures are computed, school maintenance, school nurses, grounds maintenance, all employee benefits, and capital debt servicing are **NOT INCLUDED** in the school budget.

If these expenditures were included, Agawam's per pupil spending would dramatically rise.

But according to the State Department of Education, all of these expenditures **ARE INCLUDED** in the town's per pupil spending average - and Agawam is still on the low-end of the totem pole.

How do Charles and Councilors Johnson and Fuller explain this?

When Councilors Johnson and Fuller huddled with Charles to assemble this rather poor presentation, they failed to realize the numbers game of the manager is a desperate attempt to justify his \$95,000 cut of the school budget.

Actually, Charles played his cards rather well - Councilors Johnson and Fuller are now in concert with his position, and are stating so publicly. He fiddles on the second floor.

We can understand Councilor Johnson's zeal in this. He has shown himself to be a new councilor with an eye for detail and a business-like mind. But he's also proving he's green, as well.

We can't understand Mrs. Fuller because as a former long-time member of the School Committee, she was always a street-fighter to support every nickle for the school budget.

Maybe her well-known support and closeness to Charles is clouding the tradition she supposedly brought to the council.



Rep. Michael P. Walsh Slates Office Hours May 20th

Representative Michael P. Walsh (D-Agawam) will be holding office hours for his constituents, Friday, May 20th, from 2:00 to 4:00 p.m.

These hours will be held at the Agawam Senior Center at Meadowbrook Manor.

LEGAL NOTICE

TOWN OF AGAWAM
AGAWAM PLANNING BOARD

The Agawam Planning Board will hold a Public Hearing on Thursday, May 19, 1988 at 7:15 PM in the Agawam Public Library, 750 Cooper Street, Agawam, MA. The purpose of this hearing will be to hear the petition of Forest Ridge Estates for a Definitive Subdivision Plan, for a proposed 16 lot subdivision on a 16.16 acre parcel located on the easterly side of Main Street between Bailey Street and Charles Street.

BY ORDER OF THE AGAWAM PLANNING BOARD
Charles R. Calabrese, Chairman

Published: May 12, 1988

Ashe Urges Support For Correction Officers Week

Hampden County Sheriff Michael J. Ashe, Jr. has issued the following statement in observance of National Correctional Officers Week, May 8th to 14th.

"I would like to take the opportunity of National Correctional Officers Week to thank and salute the correctional officers at the Hampden County House of Correction.

"The title correctional officer, instead of 'guard,' does not reflect a teflon change in wording for public relations sake. The term 'guard' connotes someone who merely watches to see that no one escapes. Though we have an excellent record of security here at the Hampden County House of Correction, we have striven to do more than just 'warehouse' our inmates. During the past 13 years, we have striven hard to instill positive community values in an historically negative situation.

"We have sought to administer a community correctional facility where strength is reinforced by decency; where firmness is dignified with fairness; where staff and inmates are free from violence; and where honorable men and women can labor in good conscience.

"The modern correctional officer is the keystone of our corrective security effort," added Ashe.

Anthony P. Travisono, executive director of the American Correctional Association, says, "Regardless of where one works in corrections, we know that good programming is good security, good staff is better security, and good leadership with both good programming and good staff is the best possible security."

Ashe said, "That is what I mean when I say that the title correctional officer is real. Any effort that we make to enhance the security of the facility and the community requires good staff.

"Having said this about correctional officers in general, I would like to point out that the correctional

officers at the Hampden County House of Correction labor in one of the most overcrowded facilities in the nation. Our institution has a Massachusetts Department of Correction rated capacity of 312 inmates, and our count now approaches 700.

"Our officers labor under this staggering burden in a woefully antiquated 19th century facility."

"I wish to take the opportunity of National Correction Officers Week to publicly acknowledge and salute the men and women who, in the face of staggering overcrowding, serve at the Hampden County House of Correction with professionalism, good sense, character, strength, and decency. I urge my fellow citizens to do the same."

Our Classified Pages Bring Results

Rheault Gives Proclamation For Hazardous Waste Day

On Monday evening, May 2nd, Town Council President Donald M. Rheault presented a citation to Phyllis Catchepaugh, chairwoman of Conservation of the Agawam Women's Club, for the club's initiation of a Hazardous Household Waste Collection in Agawam, Saturday, May 21st.

Under Jessie Fuller (Town Council Vice-President), president of the Women's Club in 1986-1987, the club chose this as its community service project and began gathering information on how such an endeavor might be carried out. Under President Karen Douglass, the project was continued the following year.

Last September, members of the Town Council, the Town Manager, and heads of organizations in Agawam were invited to a club meeting. A slide-tape program was viewed, and the assistant planner of the Pioneer Valley Planning Commission explained costs and procedures which required bringing a special truck, container, and trained personnel to Agawam to handle the wastes in an environmentally safe manner.

The chairman of the Conservation Department of the Massachusetts State Federation of Women's Clubs spoke of such collections in other towns in the Commonwealth.

In October the Town Council appropriated funds and set-up a town committee of which Phyllis Catchepaugh is a member and in charge of publicity for the project. Several club members will be working at the site on the day of the collection.

Best Hometown News



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Sweet Life Beef Franks	\$1.49 Lb.
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Sliced Beef Liver	69¢ Lb.
DAIRY	
All Star 1% Low Fat Milk Gallon	\$1.69 Lb.
All Star Orange Juice ½ Gal.	\$1.49 Lb.
Hood Family Value Cottage Cheese - 24 Oz.	\$1.19
PRODUCE	
White Almeria & Red Emperor Grapes	99¢ Lb.
Fresh Strawberries	99¢ Pt.
Iceberg Lettuce	69¢
Large Slicing Tomatoes	69¢ Lb.

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EASY ACCESS 24 offers you the convenience of 24-hour banking, 7 days a week. In Feeding Hills, you are also eligible to win \$10, simply by using your EASY ACCESS 24 card for your daily transactions. **TWO WINNERS** will be chosen at random **EVERY DAY** for the \$10 bonus prizes and notified as to where prizes may be claimed.

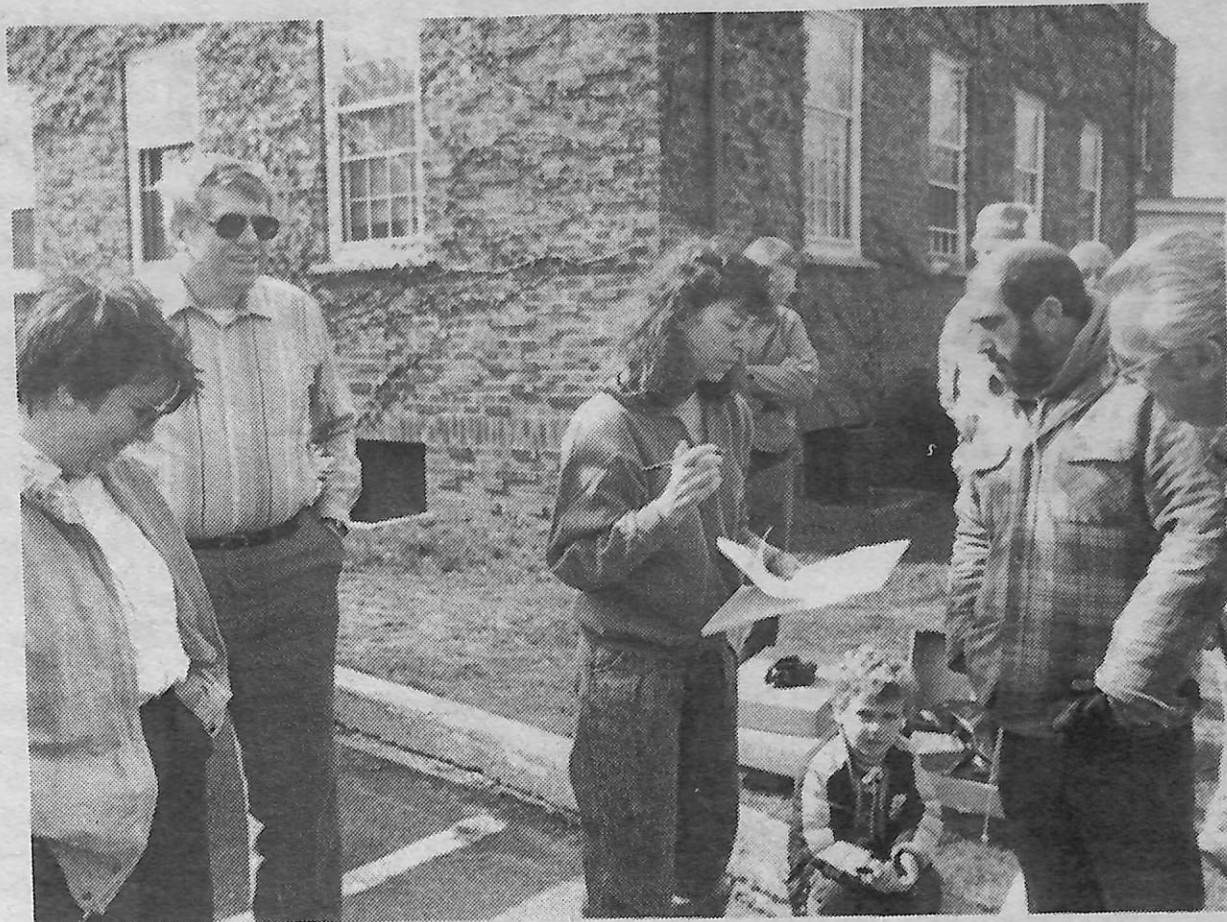
Stop by any Westfield Savings Bank office today and learn more about EASY ACCESS 24. Our Feeding Hills EASY ACCESS 24 facility is located at the Juniper Ridge Shops, 337 North Westfield Street, corner of North Street Extension.

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Townpeople Work To "Clean-Up" Agawam



RESIDENT MATT BLACKAK (left) and Fire Chief Rusty Jenks helped to clean the hills and dales of Agawam last Saturday. Advertiser News photo by Jack Devine.



TOWN PLANNER Deborah Dachos gives assignments to Assistant Town Attorney Richard Morassi and Town Councilor John Negrucci on "Agawam Clean-Up Day," Saturday, May 7th. Looking on are Town Manager & Mrs. Reid S. Charles. BOTTOM PHOTO, Ms. Dachos is pictured with her son, Travers Curtis, and resident Al Salk. Advertiser News photos by Jack Devine.

Check
Our
Classifieds

COMMUNITY CALENDAR

Sponsored By
**FORASTIERE'S
COLONIAL FUNERAL HOME**

Saturday, May 14th
Fundraising Dance
Polish American Club
AHS Soccer Parents
8:00 p.m. to 12:30 a.m.

Community Theatre Production
"Crimes of the Heart"
Suffield Players
Mapleton Hall, Suffield
Two More Weekends

Friday, May 20th
Second Annual Giant Auction
West Side Auction Gallery
Benefit American Lung Association
407 Park Avenue
West Springfield - 6:00 p.m.

Sunday, May 22nd
Appraisal Day
Antiques & Other Collectibles
Conn. Valley Historic Museum
Springfield Quadrangle
1:00 to 4:00 p.m.

June 4th & June 5th, Saturday & Sunday
Arts & Crafts Festival
Agawam Junior Women's Club
Captain Charles Leonard House



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For Your Health - continued...

S.T.A.R.T. Exercising...

by Patrick Carley, M.S., R.P.T.
S.T.A.R.T. Sports Medicine, Physical Therapy
60 North Westfield Street, Feeding Hills, 786-8908

Dear S.T.A.R.T.:

I recently began following your column and thought I'd write you about a problem with my elbow. Now that summer is coming, I'm back to playing tennis again. The problem is pain on the outside of the right elbow during and after my game. The thing that really gets me is that I get the same pain when I carry my briefcase!

What's happening here!!!

What's happening:

"Racquetball Elbow," "Briefcase Elbow," and in your case, "Tennis Elbow," is jargon to describe the medical term for "Lateral Humeral Epicondylitis." It is an inflammation of the outside ridge at the bottom of your arm bone, the humerus. That ridge is where the muscle tendons of the forearm and wrist attach.

Some of these muscles act in bending the wrist backwards and side to side, as in writing. Others are responsible for bending your elbow, especially when the hand is held in the thumbs up position; the same position of your arm and forearm when holding a briefcase, and a tennis or racquetball racquet!

The signs and symptoms are not limited to racquet type sports. As a matter of fact, the person that was first diagnosed with "Lateral Humeral Epicondylitis" was in Germany in the 1870's, and he was a writer! Keep in mind the position of the wrist during writing is bent backward and moving to side (sound familiar?). It wasn't until a study of elite tennis players was performed in France in the early 1900's that the term "Tennis Elbow" was first coined.

Actually, injuries to the elbow in racquet sports occur three times more often than the second most common injury site, the ankle. An easy test you can do yourself is to stand with your elbow bent at 90° and your hand held out front with the thumb pointed up.

Have someone pull down on your forearm while you try and hold your position.

If you feel pain on the outside of your elbow, it most likely will be "Lateral Humeral Epicondylitis" or "Tennis Elbow."

Another test to consider is while maintaining the same position, have someone push against the palm of your hand. If pain is felt on the inside of your elbow, that is known as "Medial Epicondylitis." This is due to the muscles that end your fingers, wrist, and turn your palm down are attached to the general area of the outside ridge of your elbow.

The inflammation can be from small strains of the forearm tendons at the junction of muscle tissue and bone. It seems to be a degenerative reaction of the body in response to the repetitive overload of forces, such as those transmitted through a racquet's tight strings, small grips, or improper technique.

Physical therapy can be of great help to relieve the inflammation; assist in decreasing the pain; and increase strength and flexibility of the arm. The application of heat/cold, massage, electrical stimulation, and ultrasound are important agents for promoting the area to heal.

A progression of isometric and isotonic exercises in the appropriate progression are combined with stretching techniques. Isokinetic exercises, such as Cybex, can also be incorporated into the physical therapy program.

A goal of removing the discomfort and returning muscle strength balance can be achieved usually in a few weeks. Finally, re-education and improvement in body mechanics are used to avoid repetitive injuries and to reduce forces on the elbow area.

Send questions to S.T.A.R.T., 60 North Westfield Street, Feeding Hills, 01030, or call 786-8908.

American Lung Assn. Has Giant Auction Scheduled

The American Lung Association of Western Massachusetts, the Christmas Seal people, announces its Second Annual Giant Auction, sponsored by the Springfield Association of Life Underwriters with WMAS AM/FM.

The auction will be held at West Side Auction Gallery, 407 Park Avenue, West Springfield, Friday, May 20th, with preview from 5:00 to 6:00 p.m. The auction will start at 6:00 p.m.

Only a few examples of items to be auctioned during this fun-filled event will be gift certificates, a life size cutout of Cybil Sheppard, art work, services, escape weekends, jewelry plus an autographed Celtics' basket-

ball, along with many other surprises and delights.

The goal according to Auctioneer Lynn Ugolini, is to raise funds to help others breathe easier such as freedom from smoking classes, scholarships to asthma camp for children, scholarships to those students pursuing a career in health education, respiratory therapy, or nursing and school health education through the Dr. Howard Turner Award.



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YOUR BACK
& YOUR HEALTH

by Dr. Joseph & Dr. Katherine
Schlaffer - Chiropractors



Reader's Digest Article

In case you didn't know, the April 1988 issue of *Reader's Digest* magazine is a very special little book.

Within is an eight-page booklet that could benefit the health of the more than 50 million people across North America who will read this particular edition. All eight pages are devoted to chiropractic. For the first time in this major magazine, readers are presented with an accurate and informed description of this natural method of health care.

Topics reviewed include the history of chiropractic, its goals and objectives, the kinds of conditions chiropractors treat, and the method of treatment.

Explained in the article:

— How chiropractic utilizes the body's inherent and natural recuperative powers.
— How health can be restored without the use of drugs and surgeries.

— The idea of Health Maintenance.

— The professional training of a Doctor of Chiropractic.

— What you can expect on your first visit.

— What is an "Adjustment?"

The insert was a project of the American Chiropractic Association and Dr. Sportelli, D.C., well-known author and speaker.

Congratulations to Dr. Sportelli and his colleagues, and to all those who contributed their time and money in making this special project a smashing success. If you do not already have your copy of the April 1988 edition of *Reader's Digest* and cannot find one on your supermarket shelves, copies can be obtained by writing the Circulation Department, Reader's Digest, Pleasantville, New York, 10570.

Best Hometown News

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**Stephen R. Jacaprarro
D.M.D.**

1379 Main Street, Agawam

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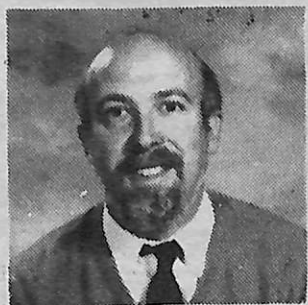
• Medicaid Patients Welcome



For Your Health - continued...

MANAGING YOUR STRESS

by Dr. Stephen Sobel
M.S., S.M.C.



Stress Related Compensation Claims On The Rise!

DEAR DR. SOBEL:

I am a 42 year-old man who has worked as a foreman for the past 15 years. I have found my job exceedingly stressful over the past six to eight months. I have experienced stress-related ailments such as tension headaches, insomnia, skin rash, and a "mild" ulcer.

My medical doctor is advising me to find some other sort of work. I am thinking about, upon the advice of a lawyer, of possibly filing for worker's compensation because of stress. What has your experience been in this area and are there any "trends?"

Thanks. D.M., Feeding Hills

ANSWER:

In a recent article in *Newsweek Magazine*, it was reported that a record number of stress-related worker's compensation claims were filed. In fact, these claims accounted for 14 percent of occupational disease claims, up from less than 5 percent in 1980! (In the state of California alone, the number of cases has increased fivefold since 1980).

There are many "circumstances" that people use in these cases ranging from rude, intolerable bosses, to unhealthy and/or unsafe workplaces. These claims are costing companies much money. I feel attempting to use preventative stress reduction programs is much needed to head-off this "trend"/crisis.

You will have to make what might be a very difficult decision! I'd recommend you not only think of the short-term effects of filing a claim, but also the long term effects (such as how would the claim affect you in the "eyes" of any potential employer?).

Also, what effect will such a claim have on your family and/or social life? Will you feel stigmatized (?), guilty (?), or downgraded (?). This is not as simple a decision as it might initially appear.

I work with people quite often in helping them make a decision they can be comfortable with. Feel free to call me at 785-1259 if you want to explore this further. Thanks for the most interesting question!

Note: Dr. Sobel offers a no-fee initial consultation. Call 785-1259 for an appointment. Couples welcome!



YOUR Dental Health

by Dr. Stephen R. Jacapraro
1379 Main Street - Agawam, 786-8177

SHOULD YOU BLEACH YOUR TEETH?

If you have mild discoloration of your teeth, tooth bleaching may be helpful. Bleaching involves several visits to the dentist at which time he or she will soak the discolored teeth in a hydrogen peroxide solution that is activated by heat or light.

Tooth bleaching may lighten teeth, but stains often recur, especially on teeth in which the nerve has died. Bleaching is sometimes done in conjunction with bonding so that the bonding material does not have to be painted on the tooth too thickly. Bonding and bleaching — used together — often achieve a better result.

Mild discoloration of the teeth can be caused by cigarette smoking and coffee drinking. Ask your dentist for advice on the best way to lighten stained teeth.

Presented as a community service by **Stephen R. Jacapraro, D.M.D., 1379 Main St., Agawam, MA. 01001. PHONE: 786-8177.**

Families Of Arthritic Kids Invited To Big Day

Families of children with arthritis are invited to attend a Juvenile Arthritis Family Day, Saturday, May 21st, from 9:00 a.m. to 4:00 p.m., at Worcester State College. Sponsored by the Arthritis Foundation Massachusetts Chapter, the program will feature educational presentations and discussions by health professionals as well as recreational activities for children.

"Arthritis is too often looked at as only a disease of older people, but it can affect children of all ages, and its impact on the child's growth, family, and future can't be overlooked," says Ilona Szer, M.D., a pediatric rheumatologist at Boston Floating Hospital. Dr. Szer will conduct a workshop on "Recent Developments in Research."

The conference is an excellent time for families to

learn how arthritis and other rheumatic diseases affect a child's physical, social and psychological growth, and to talk to others who have the same interests and concerns — both lay and professional.

While parents and young adults attend workshops and discussion groups, children will also take part in similar discussion groups as well as supervised recreational activities.

The Arthritis Foundation estimates that 165,000 children in the U.S. have some form of arthritis-related disease. An estimated 71,000 American children have a specific form of arthritis called juvenile rheumatoid arthritis.

Participants are requested to pre-register for the program. For further information, please contact Louise Akillian at the Arthritis Foundation, 1-800-882-1464.

To The Residents Of Agawam:

The Town of Agawam would like to sincerely thank all of those who volunteered their time on May 7th to make the first "Annual Town-Wide Clean-Up Day" a success. As coordinator of the day, I would like to say that your time and effort was greatly appreciated and the results are clearly evident. I am sure all of Agawam joins me in this expression of gratitude. Special thanks given to:

Donald Rheault
Jessie Fuller
Christopher Johnson
John Negrucci
Reid Charles
Mary Charles
Richard Morassi
Linda Morassi
Ric Sardella
Patty Mercadante
Diane Modzelewski
Nancy Modzelewski
Lois White
Roberta Ceasan
Florence Blish
Barbara Farrington
Judith Clini
Carolyn Clini
Gina Markowski
Jessica Sassarone
Jeanie Moriarty
Karyn Robblee
Kelly Carmody
Sabrina Ferrari
Shannon Boudreau
Jillian Briggs
Shannon Forgues
Denise Carmody
Cindy Briggs
Susan Cormier
Donald Berthiaume
Mark Berthiaume
Louis Conte
Amber Conte
Kate Conte
Nicole Conte
Rita Conte
Arthur Gallerani
Janet Gallerani

Roger Connor and
R&R Builders
Dolores Schneider
Muriel White
Edward Barako
Albert Salk
Penny Jordan
Ernie Jordan
Rusty Jenks
Rudy Altobelli
Jack Kunasek
Barbara White
Rachael White
Becky White
Henry Kozloski
Matt Blackak
Kami Beaulieu
Gail Beaulieu
Roger Richards
Jimmy Zerra
Richard Pomeroy
Vern Farmer
Linda Parenteau
Donna Shaw
Terry Wisniewski
Jan Landers
Linda O'Neill
Jessica Brunelle
Justine Craven
Mary Demaio
Koriahn Doughty
Christy Dubay
Molly Landers
Nichole Leporati
Denise Munro
Marcia Ogylewicz
Erin O'Neill
Melissa Parenteau
Lisa Parolo

Erica Pratt
Kelly Shaw
Melissa Sheehan
Jamie Sternowski
Nichole Weinle
Jackie Wisniewski
Adam Wisniewski
Justin Casinghino
Jason DeGray
Eric Hebert
Glenn Wegrzyn
Greg Wegrzyn
Eric Belisle
Brian DeNardo
Jamie Raynor
Scott Belisle
Todd Smelstor
Scott Guyer
Joseph Kerr
Scott Lanigan
James Antico
Chad Abdow
Christopher Bitzas
Michael Raynor
Ryan Wilson
Andrew Pond
Peter Bitzas



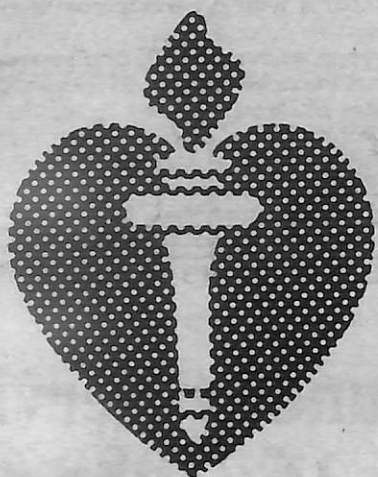
Sincerely,
Deborah S. Dachos, Director
Office Of Planning & Community Development

GIANT TAG SALE

Sponsored By

**Grimaldi & Burzdak
Realtors**

431 Springfield Street, Agawam



To Benefit **AMERICAN HEART ASSOCIATION**

Western Mass. Chapter

Saturday, May 14th

Owner, **Betty Grimaldi**, invites townspeople to please donate items for the Tag Sale to benefit this worthy cause. Please bring your donated items down to the office.

Jack Devine, the popular staff photographer of *The Advertiser News*, is this year's president of the Western Mass. Heart Association.

Heritage Hall Nursing Home News & Notes

RESIDENT OF THE WEEK Laura W. Dickinson

Laura W. Dickinson was born February 18th, 1889, in West Granville. She was educated in the local school system and attended Northfield Seminary. Laura had two sisters, Mary and Sadie, and a brother, Joseph.

She had her own horse which was the means of transportation at that time. Many times she drove the horse and buggy to Westfield to acquire provisions for her father's general store where she also worked.

Laura was one of the first women in West Granville to own a car, and she enjoyed driving until she was 95 years old. She married Leonard Mills Dickinson, and they resided in Hartland Hollow where they lived on a dairy farm. They raised tobacco, turkeys, and always had a vegetable garden.

In 1934 Laura and her husband, Leonard, relocated to Suffield, Connecticut. Their land in Hartland Hollow was obtained by the water board, and is now part of the Hartford reservoir.

Laura belonged to the Eastern Star Organization, was a 50-year member of the Grange, a member of the Hartland Historical Society, and the Suffield Women's Club.

Laura participates in the exercise and current event programs, and takes leisurely walks outdoors. These are only a few of the numerous things Laura enjoys as she continues to remain active.

Heritage Hall is pleased to have Laura as a member of its family.

Retirement Reception

Residents and staff of Heritage Hall hosted an Open House Retirement Reception for employee **Ida Roberts**, Tuesday, April 26th. Ida resides in Springfield, and has been employed full-time at Heritage Hall for 19½ years as a nurse's assistant.

About 50 residents, staff, family members, and friends stopped by to visit with Ida. Testimonials to Ida were presented by longtime friends and co-workers, **Agnes Puricelli**, Food Service supervisor of West Building; **Ann Twarog**, administrative assistant of East Building; **Mary Begley**, administrative assistant of South Building; and Administrator **Regina Bossig** of North Building.

Refreshments of coffee, punch, and cake were served as Ida thanked everyone. She announced that she would continue to work part-time until her 20th anniversary date.

The entire staff of Heritage Hall extends best wishes to Ida and many enjoyable years of relaxation.



RESIDENT OF THE WEEK - Laura W. Dickinson

I Remember by May Smith

"In Scotland, we started school at five years of age, the same as children in America do. So in 1912 I attended my first day of school in 'Baby Class,' that's what we called it.

Sciennes was the name of the school, and it was built on a site where the Convent of Saint Catherine of Sciennes stood.

As a child I like to stay clean so I never played in dirt or mud. The first thing they did at school was to give me a clump of gray wet clay to make a brick. Along with the clay I was given a cardboard with a square hole cut in the center. I had to push the clay through the hole to make the brick. I don't remember what they did with the brick, but I do remember I didn't like doing it because I had to get dirty. That I remember very well!"

I Remember by Idella Teeling

"In the clothing industry 'Carter' is a name easily recognized by everyone. They are known for their knitted undergarments. The company has been in existence for many years.



HERITAGE HALL RESIDENT Peg Klein pictured with nurse Elaine Schaeffer. Advertiser News photo by Jack Devine.

William Carter, founder of the company, was my grandfather. We enjoyed visiting grandfather's house. He lived in a big two-family house with an enormous attic. On rainy days, my cousins Elma, Ralph, Bessie, Lilly, Bill, and I would play in the attic. It was a great place to let our imaginations wander and have a good time. There were many family gatherings at grandfather's house, and I have the treasured memories of my childhood days to think back on.

I wonder? Do today's children play like we did?"

Mother's Day Social!

On Friday afternoon, residents gathered in the activity room to celebrate Mother's Day at a social. Tables were decorated with tablecloths of green and Mother's Day napkins with a centerpiece of bright yellow forsythias.

Everyone enjoyed punch and cupcakes made by the residents in cooking class, as they listened to the vocal attributes of Dean Martin.

Several residents discussed the number of children they had, and the problems and joys one can discover through the years. But all of them admitted having children was worthwhile.



Hours: Sun. 8-2: Closed Mon.
Tues. - Wed. 8-6
Thurs. - Fri. 8-8: Sat. 8-6

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Saturday Specials

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**Remember To
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Communion And
Graduation Cakes**



Friday Special
Fresh Strawberry Pie

If We Don't Have It, Please Ask!

Attend Sunday Services May 15, 1988

"For there is one God, and one mediator between God and men, the man Christ Jesus; who gave himself as a ransom for all, to be testified in due time." I Timothy 2:5,6

9:45 A.M. Christian Education Classes

8:15 And 10:45 A.M. Worship Services

6:00 P.M. Revival Rally

Wednesday, 7:00 P.M.
Family Night



Bethany Assembly Of God

Corner Route 57 And Main Street, Agawam

789-2930

Pastor: Rev. E.B. Berkey

YOU Are Welcome!

More Activities At Heritage Hall Nursing Home



PROMOTING THE UPCOMING "Nostalgia/Founders Day" at Heritage Hall Nursing Home, Sunday, May 15th, are Carla Doychak and Helena McKillop (top photo). IN PHOTO AT RIGHT - residents of Heritage Hall's North Building held a dinner (for men) recently. Pictured are Leo Cantin, Ed Abar, John McCarthy, and Charles Mercer. Advertiser News photos by Jack Devine.



CROSS

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Crisp Aire
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Cherry Tomatoes 89¢ Pt.
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Corn 5/99¢

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Open Daily

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VFW Awards



RECEIVING AWARDS at the Agawam VFW recently were George M. Brown, Bob Guevin

Grange Donates To Ambulance



ROBERTA CESAN of the Community Grange in Feeding Hills presents a donation to Agawam Fire Dept. Lieutenant Steve Marput towards the town ambulance. Recently, the Grange bought the town ambulance and those EMT's who operate it for service to the community. Advertiser News photo by Jack Devine.

Our
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Pages
Will
Bring
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FAST
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Yours
TODAY

Seniors Plan Annual Arts & Crafts Fair

Members of the Captain Charles Leonard House will have with color and crafts, Saturday, June 11, 10:00 a.m. to 5:00 p.m., and Sunday, June 12, 10:00 noon to 5:00 p.m., rain or shine. Over 100 crafters from New England and New York will be on hand displaying their unique wares.

Attractions will be hourly raffles on items donated by the crafters and demonstrations on chair-

caneing and the spinning wheel.

Tours of the Leonard House, which is located at 663 Main Street, Route 159, Agawam, will be given upon request.

As in previous years, the festival will benefit the Agawam Junior Women's Scholarship Fund. More information may be obtained by calling co-chairwomen, Liz Taylor, 789-1320, or Ellen Janik, 786-6826.

HOME OF THE WEEK



AGAWAM. A STEP ABOVE THE REST... Located on most prestigious street in Agawam. 7 room Garrison with luxurious master bedroom suite offering Jacuzzi and walk in closet, floor to ceiling fireplace in family room, 2½ baths, vinyl siding & 2 car garage. All set on private treed acre. \$249,900.

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HOURS: Sun. - Thurs. 11 A.M. - 10 P.M.
Fri. - Sat. 11 A.M. - 11 P.M.

News, Activities At Agawam Senior Center

May 14th: Saturday Night Bingo, 6:30 p.m., doors open at 5:15 p.m.

May 17th: 12:30 p.m., special program. Massachusetts Dental Society.

May 19th: 10:00 a.m. to 3:00 p.m., Foot Nurses, by appointment.

May 21st: Saturday Night Bingo, 6:30 p.m., doors open at 5:15 p.m.

May 23rd: 10:00 a.m. to 1:00 p.m., Quabbin Reservoir. Open to all walkers over 50 years. Call Activities Department for reservations. "Keep Moving Rally."

May 24th: 2:00 to 4:00 p.m., Legal Consultation, by appointment.

May 26th: 11:00 a.m. to 3:00 p.m., Commodity Distribution.

May 28th: Saturday Night Bingo, 6:30 p.m., doors open at 5:15 p.m.

May 30th: Senior Center closed, Memorial Day observed.

TRIPS:

August 9th, Luncheon Yacht Cruise. Enjoy a luxury cruise around Manhattan Island on a yacht while dining. See the Statue of Liberty and enjoy a relaxing day as you stroll the promenade deck. The price is \$43 per person, and includes all. Reservations must be in and paid for by May 31st, and can be made through the Senior Center Ticket Booth, Monday through Friday, from 11:00 a.m. to 2:00 p.m.

New Services Coming To The Senior Center, For All Agawam Seniors:

Legal Consultation: Scheduled to begin Tuesday, May 24th, and every fourth Tuesday of each month from 2:00 to 4:00 p.m., by appointment.

This service is provided through the courtesy of Attorney Teryl A. Jansons and associate, Attorney Mary Jane Augusti. Ap-

pointments may be made by calling the Senior Center, 786-0400, extension 242.

Vision Screening: Scheduled for Tuesday, June 7th, from 9:00 a.m. to 1:00 p.m., by appointment. The vision screening includes tests for glaucoma, diabetic eye disease, cataracts, retinal diseases, and external diseases of eyes and lids. The program is created to assist people not receiving eye care because of insufficient knowledge of eye disease or lack of money. The mobile unit allows an opportunity to diagnose vision problems and advise treatment to those who would have otherwise lost vision. This service is provided through the courtesy of Community Eye Care and their licensed staff. There is no charge for this service. Appointments may be made by calling the Senior Center, 786-0400, extension 242.

WESTFEST '88 Slated For Stanley Park May 21-22

The WESTFEST 88' Arts Festival is scheduled for Saturday and Sunday, May 21 and 22nd, at Stanley Park, Westfield.

This festival offers a wide variety of entertainment for all age levels. Close to 15,000 people from the Greater Springfield area and surrounding states attended last year's program.

WESTFEST is sponsored by the Westfield Arts Council, a non-profit organization whose purpose is to foster cultural enrichment in the greater Westfield community. Funding for WESTFEST is provided in part by a grant from the Massachusetts Arts Lottery, along with broad based community support from businesses, civic groups, and individuals.

Artists/Craftspersons Sought For Swk. Craft Fair

Christ Lutheran Church, Southwick, is sponsoring an Arts & Crafts Fair to be held Saturday, September 24th, from 10:00 a.m. to 4:00 p.m. The church's fourth annual fair is held on the grounds of the church with a rain date of Saturday, October 1st.

Any area artists and crafts persons wishing to display their work are cordially invited to register. Each

participant must register prior to the fair by filling out a registration form and enclosing a check for \$20 made out to Christ Lutheran Church-Crafts Fair.

Forms are available by contacting either Dot Coward, 569-5305; Marlene Harlin, 789-1443; or Jane Butova, 562-5214.

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“The Founders NOSTALGIA DAY”

Sunday, May 15, 10 AM - 7 PM

(Rain Date: Sun., May 22, 10 AM - 7 PM)

★ ***6.2 mile (10 K) Road Race - 10 AM*** ★ ***Raffle*** ★

Entertainment including:

The Big Band “SWINGSTREET” with Bobby Kaye 1-5 PM

(Sounds of the 30's and 40's)

***Shriners Clowns
Barbershop Group
Square Dancers
Music, Dancing***

***“Midway”
Games, Prizes
Antique Cars
Booths, Displays***

***Collectibles
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★ ***Youth “Talent Showcase”*** ★

★ ***Food Available*** ★

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Children 12 & under - Free

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